



ELEMENT		VALUE
Handspring to one foot		0.5
Handspring to two feet		0.5
Handstand full pirouette	Max 4 hand changes (-0.1 each extra movement)	0.5
Forward OR Backward Walkover		0.5
Splits (any direction)	Hands may be used to reach splits	0.5
One Handed Cartwheel		0.5
Straddle lever or L hold (2 seconds)		0.5
Backward roll to handstand		0.5
Round-off back flip		0.5
Split Leap or Jump (minimum 135 degrees)		0.5
Sissone		0.5
Forward roll to pike stand up		0.5
Bridge walkout		0.4
Full spin	To stand	0.4
Handstand forward roll		0.4
Jump full turn		0.4
Forward roll to straddle stand	Must show flight phase	0.4
Dive forward roll		0.4
Round-off		0.4
Two cartwheels connected		0.4
Handstand drop to Bridge with one leg at vertical	Held for 2 seconds	0.4
Elephant Lift to Handstand		0.4
Stag Leap		
Cat Leap		
Bridge 1 leg raised to minimum 45 degrees		0.3
Backward roll to straddle stand		0.3
Backward roll to stand	Free leg may be held	0.3
Y balance or Side scale (2 seconds)		0.3
Cartwheel		0.3
Japana or Pike lie flat	Straight legs throughout, return to stand	0.3
Headstand with straight legs (2 seconds)		0.3
Caterpillar		0.3
W jump or hop		0.3
Bridge		0.2
Forward roll to stand		0.2
Arabesque (2 seconds)	Leg minimum 45 degrees to floor	0.2
Side straddle (Teddy Bear) roll	½ turn only	0.2
Headstand with tucked legs (2 seconds)	Return to stand	0.2
Front prone (3 seconds)		0.2
Jump ½ turn		0.2
Tuck Jump		0.2
<p>FLOOR – 8 elements to be performed. FINAL SCORE = D-SCORE + E-SCORE D-SCORE = Total value of all elements performed; OMITTED ELEMENT = Value of the Move + 0.5 penalty E-SCORE = 10.0 – Deductions as per Section 8 of Code of Points (Table of General Faults and Penalties)</p>		
<p>VAULT – 2 vaults (Best Score to Count) Penalties to include dynamics 0.1/0.3/0.5</p>		
<p>8 YEARS NDP Grade 6 Jump from springboard onto 60cm Block. Handspring to lie flat on mats to same height of block</p>	Deductions as per NDP Grade 6	4.00
<p>9 YEARS NDP Grade 5 Handspring to lie flat. 100 cm (+/- 10 cm)</p>	Deductions as per NDP Grade 5	4.00
<p>10 and 11 YEARS NDP Grade 5 Handspring to lie flat. 110 cm (+/- 10 cm)</p>	Deductions as per NDP Grade 5	4.00

Women's Artistic Beginner Floor and Vault Rules



12/13 and 14+ YEARS – Vault Table 105, 115, 125 cm		
Squat on immediate Jump off (max 12m run)	Jump not immediate -0.5	3.00
Handspring (max 25m run as per FIG)		4.00
MERIT SCORE Ages 8, 9, 10 and 11 years = 24.00; Ages 12+ Years = 25.00 All gymnasts achieving the above scores will move to Intermediate Level Competition		